

LOWFAT ENTREES

U S I N G F R E S H H E R B S



32 RECIPES INCLUDING NUTRITIONAL ANALYSIS
AND IMPORTANT FACTS AND INFORMATION



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I love herbs, especially those fresh from the market or garden. Like most cooks, I use herbs in classic cooking: for garnishing, flavoring sauces and seasoning meat, vegetables and soup. However, in researching this book, I discovered many simple, practical ways to lighten up main dishes by using herbs in place of fatty, salty ingredients, too.

My grandmother and mother used dried herbs sparingly, but going back a few more generations, my ancestors (and yours) grew their own herbs and used them lavishly to glorify everyday dishes. It now seems we have come full circle, favoring fresh herbs to dried, or at the very least, herbs we have dried ourselves.

Herbs add both color and flavor to the reduced-fat and sodium recipes in this book that might otherwise taste bland and seem uninteresting. Broiled Chicken with Rosemary, Lamb Kabobs with Marjoram . . . these and the other recipes featured on the following pages can now be enjoyed without the worry of excessive calories, fat and sodium.

I hope that using fresh herbs will become an enjoyable habit you won't want to break.

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A no stick vegetable cooking spray contains no calories, fat, cholesterol or sodium, and is used extensively in these recipes to eliminate the need for sautéing in butter, margarine or oil. If oil is used, heavy non-stick skillets are a great help in keeping the amount to a minimum.

Kyle Nagurny

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Chicken & Vegetable Pilaf Serves 4

Brown rice and a touch of cayenne add fiber and flavor to this light main dish.

- 2 1/2 cups fat-free, low-sodium chicken broth*
- 1 cup brown rice, uncooked*
- 2 tablespoons canola oil*
- 12 ounces boneless, skinless chicken breasts, chopped*
- 1 onion, chopped*
- 2 cloves garlic, minced*
- 1 1/2 cups frozen vegetable medley, partially thawed*
- 2 tablespoons fresh lemon juice*
- 1 tablespoon snipped fresh thyme*
- 1/8 teaspoon cayenne (red pepper)*

In medium saucepan bring chicken broth to boil. Stir in rice. Reduce heat and cover. Simmer 45 minutes or until rice is tender and all of the liquid is absorbed. Meanwhile, in large skillet heat oil over medium-high heat. Add chicken, onion and garlic. Cook 5 minutes or until chicken is browned, stirring constantly. Add vegetables. Cook and stir 5 minutes or until cooked through. Stir in lemon juice, thyme, cayenne and cooked rice.

Nutrition Information per Serving

Calories - 427 (22% from Fat)

Total Fat - 11 g

Saturated Fat - 1 g

Cholesterol - 50 mg

Sodium - 522 mg

Broiled Chicken with Rosemary

An olive oil marinade and balsamic vinegar sauce make everyday chicken very special.

Serves 4

4 4-ounce boneless, skinless chicken breast halves

2 cloves garlic, thinly sliced

2 tablespoons snipped fresh rosemary

2 tablespoons olive oil, divided

2 tablespoons dry white wine or apple juice

1 tablespoon fresh lemon juice

1/2 teaspoon freshly grated lemon zest

1/8 teaspoon salt

dash coarsely ground pepper

2 tablespoons balsamic vinegar

1 teaspoon sugar

1/2 teaspoon Dijon mustard

fresh rosemary springs

Using a sharp knife slash each chicken breast 3 or 4 times across top. Arrange in one layer in a shallow, nonreactive dish. Tuck garlic into slashes. Sprinkle with rosemary. In small bowl combine 1 tablespoon of the olive oil, wine or apple juice, lemon juice, lemon zest, salt and pepper. Pour over chicken. Cover and refrigerate at least 1 hour. Preheat broiler. Broil chicken 5 minutes on each side about 6 inches from heat. Baste with marinade in dish. Continue broiling until lightly browned, and chicken is no longer pink, turning and basting occasionally.

(continued)

Meanwhile, in small bowl combine vinegar, sugar, mustard, remaining tablespoon of olive oil and any cooking liquid from pan. Spoon over chicken. Serve garnished with fresh sprigs of rosemary.

Nutrition Information per Serving

Calories - 263 (39% from Fat)

Total Fat - 11 g

Saturated Fat - 2 g

Cholesterol - 97 mg

Sodium - 156 mg

Rosemary

Rosemary is a bushy evergreen shrub that's a member of the mint family. A native to the Mediterranean coast, it's known as the "dew of the sea."

The herb has a bittersweet taste and piney aroma appropriate for lamb, pork, veal, chicken and grain dishes. Like other Mediterranean herbs, rosemary is excellent in marinades, stocks and vinegars. Its aromatic character makes it perfect for teas, ices and fruit tarts as well.

Fresh rosemary is available from late spring through late fall in many groceries.

Feta-Stuffed Chicken Breasts Serves 4 with a Fresh Spinach Salad

4 4-ounce boneless, skinless chicken breast halves
1/4 teaspoon each salt and coarsely ground pepper
1/4 cup fine, dry, plain bread crumbs
1/4 cup crumbled feta cheese
1 tablespoon snipped fresh basil, divided
1 1/2 teaspoons melted margarine (made with
liquid oil)
no stick cooking spray

Salad: 3 cups cleaned and torn fresh spinach
1/3 cup snipped fresh basil
2 tablespoons balsamic vinegar
2 teaspoons olive oil
1/8 teaspoon coarsely ground pepper

Preheat oven to 400°. Using rolling pin, flatten each chicken breast half between two pieces of plastic wrap to 1/4-inch thickness. Sprinkle with salt and pepper. Dredge in bread crumbs. Combine cheese and 1 tablespoon basil. Spoon 1 tablespoon cheese mixture onto each piece of chicken. Fold in half, and secure with toothpicks. Transfer to 8 or 9-inch square baking dish which has been lightly coated with cooking spray. Drizzle with melted margarine. Bake 30 minutes or until juices run clear.

Toss salad ingredients together and serve with chicken.

Nutrition Information per Serving

Calories - 488 (23% from Fat)

Total Fat - 12 g

Saturated Fat - 2 g

Cholesterol - 97 mg

Sodium - 91 mg

Mandarin Chicken

Serves 6

This recipe features a light orange sauce with basil.

- 1 tablespoon margarine (made with liquid oil)*
- 6 4-ounce boneless, skinless chicken breast halves*
- 3 tablespoons snipped fresh basil*
- 1/4 teaspoon salt*
- 1/8 teaspoon cayenne (red pepper)*
- 1/2 cup chopped onion*
- 1/2 cup fat-free, low-sodium chicken broth*
- 1 11-ounce can mandarin orange segments in light syrup*
- 2 teaspoons cornstarch*

In large skillet melt margarine over medium heat. Add chicken. Sprinkle with 1 tablespoon basil, salt and cayenne. Cook 5 minutes. Turn chicken. Add onions. Cover and cook additional 5 minutes or until chicken is tender and juices run clear. In small bowl combine chicken broth and 2 tablespoons of the syrup from the oranges. Whisk in cornstarch. Move chicken to side of skillet. Whisk in chicken broth mixture. Cook and stir until slightly thickened and bubbly. Drain remaining syrup from orange segments. Add oranges to chicken in skillet. Heat through and spoon over chicken. Sprinkle with remaining basil.

Nutrition Information per Serving

Calories - 184 (17% from Fat)

Total Fat - 4 g

Saturated Fat - 1 g

Cholesterol - 66 mg

Sodium - 17 mg

Grilled Balsamic Chicken

Serves 4

Fresh vegetables accompany herb-seasoned chicken for an easy dinner.

1/4 cup balsamic vinegar

2 tablespoons olive oil

1 tablespoon snipped fresh oregano

1 tablespoon snipped fresh rosemary

1/2 teaspoon freshly ground pepper

1 clove garlic, minced

4 4-ounce boneless, skinless chicken breast halves

1 red onion, quartered

1 green bell pepper, quartered

1 red or yellow bell pepper, quartered

8 ounces angel hair pasta, uncooked

vegetable oil cooking spray

In a shallow, nonreactive baking dish combine vinegar, olive oil, oregano, rosemary, pepper and garlic. Place chicken in one layer, turning to coat with mixture. Cover and refrigerate at least one hour. Preheat grill. Arrange chicken on grilling rack which has been lightly coated with cooking spray. Reserve marinade in dish. Grill about 5 minutes per side a few inches from heat. Arrange onion and bell pepper on grill with chicken. Baste chicken and vegetables with reserved marinade. Continue grilling until lightly browned and no longer pink, turning and basting occasionally. Meanwhile, cook pasta according to package directions. Serve chicken and vegetables over pasta.

(continued)

Nutrition Information per Serving (with Pasta):

Calories - 488 (23% from Fat)

Total Fat - 12 g

Saturated Fat - 2 g

Cholesterol - 97 mg

Sodium - 91 mg

Oregano

Oregano, best known for its uses in Italian cooking, is actually wild marjoram. The herb's dark, fuzzy leaves are pleasantly astringent and bold.

Oregano is indispensable in Greek and Mexican cooking. The herb works well with vegetables such as tomatoes, peppers, eggplant and zucchini.

There are many varieties of oregano grown worldwide, but all fall within one of two categories: mild or strong. The varieties grown in North America, as well as your own garden, are similar to marjoram, but not as sweet. They have a more pungent flavor and aroma. Strong varieties are grown in the hot, dry climates of Italy, Spain, Mexico and Greece. These are dried and imported to the U.S. Rigani, a dried Greek oregano, is one of the most popular imported oreganos due to its intensely floral character. Marjoram can always be substituted for oregano.

Turkey Cacciatore

Serves 4

A nice change from the chicken version and made in the microwave for ease and speed.

*1 pound skinned turkey breast, cubed
1 cup sliced fresh mushrooms
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 teaspoon olive oil
1 clove garlic, crushed
2 8-ounce cans no-salt-added tomato sauce
1/4 cup dry red wine or cranberry juice
1 tablespoon snipped fresh marjoram
1 1/2 teaspoons snipped fresh thyme
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
fresh marjoram and thyme sprigs*

Place turkey in 2-quart microwave-safe casserole dish. Loosely cover with wax paper. Microwave on high (full power) 5 minutes, stirring halfway through cooking time. Set aside to drain on paper towel-lined plate. Discard cooking liquid. Wipe dish clean with paper towels. In same dish combine mushrooms, bell pepper, onion, oil and garlic.

Microwave, uncovered, on high 4 minutes, stirring halfway through cooking time. Add tomato sauce, wine or cranberry juice, marjoram, thyme, salt and pepper. Loosely cover with wax paper. Microwave on high 10 minutes or until slightly thickened,

(continued)

stirring every 3 minutes. Return turkey to dish, stirring well. Microwave on high 5 minutes or until turkey is heated through, stirring halfway through cooking time. Let stand 3 minutes before serving. Garnish with fresh marjoram and thyme.

Nutrition Information per Serving

Calories - 250 (38% from Fat)

Total Fat - 11 g

Saturated Fat - 3 g

Cholesterol - 81 mg

Sodium - 397 mg

Marjoram

Marjoram is an aromatic member of the mint family. It is similar to oregano, but has a more refined, subtle flavor. This herb has small, oval, light-green leaves which are mildly pungent.

Its delicate aroma makes marjoram an excellent addition to salads, ices, herb butters and lightly cooked or uncooked tomato sauces. Like most herbs, however, too much cooking will diminish its flavor, so add to sauces once they're through cooking.

If marjoram is unavailable, oregano can always be substituted.

Chicken & Tomato Casserole Serves 4

This casserole can be made ahead and refrigerated up to 3 days. Reheat in the microwave or a 300° oven.

12 ounces boneless, skinless chicken breast halves

1 cup rotini

1 tablespoon margarine (made with liquid oil)

1 tablespoon all-purpose flour

2 tablespoons skim milk

2 tablespoons snipped fresh tarragon

1/8 teaspoon coarsely ground pepper

1/8 teaspoon cayenne (red pepper)

1/3 cup chopped onion

1/4 cup chopped celery

1/4 cup chopped green bell pepper

1 clove garlic, minced

1 14 1/2-ounce can no-salt-added stewed tomatoes

1/4 cup shredded reduced-fat Cheddar cheese

Place chicken in skillet with enough water to cover.

Bring to boil. Reduce heat. Cover and simmer

10 minutes, or until chicken is cooked through.

Remove chicken from cooking broth and cut into

1-inch pieces. Set aside. Reserve 1/2 cup broth.

Cook rotini according to package directions. Drain

and set aside. In small saucepan melt margarine

over medium heat. Add flour, whisking until

smooth. Cook and stir 1 minute. Gradually whisk in

milk and reserved chicken broth. Cook over medium

heat, stirring constantly, until thickened and bubbly.

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Add tarragon, pepper and cayenne. Remove from heat and set aside. Preheat oven to 350°. Lightly coat a large skillet with cooking spray. Heat over medium-high heat. Add onion, celery, bell pepper and garlic. Sauté a few minutes or just until tender. Add tomatoes with liquid, sauce mixture, chicken and rotini. Spoon into a 1 1/2-quart casserole dish which has been lightly coated with cooking spray. Cover and bake 25 to 30 minutes. Sprinkle with cheese. Bake, uncovered, an additional 5 minutes, or just until cheese melts.

Nutrition Information per Serving

Calories - 326 (16% from Fat)

Total Fat - 6 g

Saturated Fat - 1 g

Cholesterol - 26 mg

Sodium - 47 mg

Tarragon

Tarragon, a native to western and northwestern Asia, is often mistaken for an overgrown weed.

Its narrow, pointed dark green leaves have a sweet fragrance and a distinctive aniselike flavor. It can be used whole or chopped.

Tarragon is widely used in classic French cooking with chicken, seafood, vegetables and sauces. This herb infuses easily in vinegar, making tarragon vinegar a popular item.

Grilled Lemon & Dill Fish Fillets

Serves 4

*1/4 cup dry white wine or apple juice
2 tablespoons fresh lemon juice
4 4-ounce fillets of orange roughy or other lean
white fish
1/4 cup snipped fresh dill
1 tablespoon snipped fresh tarragon
1/4 teaspoon salt
1/8 teaspoon white pepper
no stick cooking spray
lemon wedges*

Combine wine or apple juice with lemon juice in a shallow, nonreactive dish. Arrange fillets in one layer over mixture. Top with dill, tarragon, salt and pepper. Cover and refrigerate 30 minutes to 1 hour, turning once. Preheat grill. Place fish on wire grilling screen which has been lightly coated with cooking spray. Discard marinade. Grill about 4 minutes, or until fish flakes easily. Serve with lemon wedges.

Nutrition Information per Serving

*Calories - 114 (9% from Fat)
Total Fat - 1 g
Saturated Fat - 0 g
Cholesterol - 30 mg
Sodium - 227 mg*

Red Snapper with Chervil

Serves 4

*1 small potato, peeled and grated
1/2 cup snipped fresh chervil
1/2 cup finely sliced fresh leeks
1/4 cup snipped fresh tarragon
1/4 cup snipped fresh chives
2 tablespoons cornstarch
4 4-ounce red snapper fillets
1/4 teaspoon salt
1/8 teaspoon coarsely ground pepper
2 tablespoons olive oil*

In small bowl combine potato, chervil, leeks, tarragon and chives. Add cornstarch and toss until blended. Sprinkle snapper with salt and pepper. In large skillet heat olive oil over medium-high heat. Meanwhile, press potato-herb mixture onto one side of each snapper fillet. Transfer to hot skillet, potato side up. Cook 4 minutes. Turn and cook additional 1 to 2 minutes or just until fish flakes easily with fork.

Nutrition Information per Serving

Calories - 220 (35% from Fat)

Total Fat - 8 g

Saturated Fat - 1 g

Cholesterol - 42 mg

Sodium - 211 mg

Broiled Salmon with Dill Sauce

Serves 4

- 1 tablespoon Dijon mustard
- 1 tablespoon water
- 1 teaspoon snipped fresh dill
- 1 1/2 pound salmon fillet
- Dill Sauce (recipe follows)

In small bowl combine mustard, water and dill. Brush on both sides of salmon. Cover and refrigerate about 15 minutes to blend flavors. Preheat broiler. Arrange salmon on broiler rack which has been lightly coated with cooking spray. Place over pan. Broil 6 minutes, about 6 inches from heat. Turn and broil an additional 4 minutes, or until salmon flakes easily with fork. Serve with Dill Sauce:

- 1 cup plain non-fat yogurt
- 2 tablespoons non-fat mayonnaise
- 2 tablespoons snipped fresh dill
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 teaspoon freshly grated lemon zest

In small bowl combine yogurt, mayonnaise, dill, mustard, lemon juice and lemon zest. Blend until smooth. Cover and refrigerate until ready to serve.

Nutrition Information per Serving
(with 1/4 cup Sauce):

Calories - 237 (24% from Fat)

Total Fat - 6 g

Saturated Fat - 1 g

Cholesterol - 90 mg

Sodium - 263 mg

Grilled Swordfish with Rosemary

Serves 4

*1 1/2 pounds swordfish steaks
1 tablespoon snipped fresh rosemary
1 teaspoon freshly grated lemon zest
1 clove garlic, minced
1 tablespoon fresh lemon juice
1/4 teaspoon coarsely ground pepper
lemon wedges and fresh rosemary sprigs*

Arrange swordfish in one layer in a shallow, nonreactive dish. In small bowl combine rosemary, lemon zest and garlic. Gently press mixture onto one side of fish. Cover and refrigerate 1 hour to blend flavors. Preheat grill. Arrange fish on grilling rack or screen which has been lightly coated with cooking spray. Combine lemon juice and pepper. Brush over fish. Grill 6 minutes per side, until fish flakes easily with fork. Brush frequently with lemon juice mixture during grilling. Garnish with lemon wedges and sprigs of rosemary.

Nutrition Information per Serving

Calories - 208 (31% from Fat)

Total Fat - 7 g

Saturated Fat - 2 g

Cholesterol - 67 mg

Sodium - 154 mg

Shrimp Jambalaya

Serves 4

- 2 teaspoons margarine (made with liquid oil)*
- 1 cup chopped onion*
- 1/2 cup chopped celery*
- 1/2 cup chopped green bell pepper*
- 2 cloves garlic, minced*
- 1 cup (about 1/2 pound) small shrimp, peeled and deveined*
- 1/2 cup fat-free, low-sodium chicken broth*
- 1 tablespoon snipped fresh thyme*
- 1 tablespoon snipped fresh basil*
- 1/4 teaspoon coarsely ground pepper*
- 1/8 teaspoon hot red pepper sauce*
- 1 bay leaf*
- 1 14 1/2-ounce can whole tomatoes with liquid*
- 3 cups quick-cooking white or brown rice, uncooked*

In large saucepan melt margarine over medium heat. Add onion, celery, bell pepper and garlic. Sauté a few minutes until vegetables are tender. Stir in shrimp and next 8 ingredients. Bring to boil. Reduce heat, cover, and let stand 10 minutes or until rice is tender and most of the liquid is absorbed. Remove bay leaf.

Nutrition Information per Serving

Calories - 398 (8% from Fat)

Total Fat - 3.5 g

Saturated Fat - 1 g

Cholesterol - 86 mg

Sodium - 223 mg

Shrimp with Garlic & Cilantro

Shrimp stir-frys quickly and tastes great with just a few added ingredients.

Serves 4

*2 tablespoons canola oil
5 cloves garlic, minced
1 teaspoon minced fresh gingerroot
1 pound large shrimp, peeled and deveined
2 tablespoons snipped fresh cilantro
2 teaspoons fresh lemon juice
1/8 teaspoon coarsely ground pepper
lime wedges and fresh lettuce leaves*

In large skillet or wok heat oil over medium-high heat. Add garlic and gingerroot. Stir-fry 1 minute. Add shrimp. Stir-fry 2 to 3 minutes for just until shrimp turns pink. Sprinkle with cilantro, lemon juice and pepper. Serve with wedges of lime on lettuce-lined plates.

Nutrition Information per Serving

Calories - 189 (44% from Fat)

Total Fat - 9 g

Saturated Fat - 1 g

Cholesterol - 172 mg

Sodium - 169 mg

The dark green, lacy leaves of the coriander plant are commonly known as cilantro and Chinese parsley. A more pungent relative of the parsley family, cilantro is used frequently in Italian, Mexican and Oriental cooking.

Spaghetti with Herbed Marinara

Bold seasonings successfully replace salt in this Italian classic.

Serves 4

- 1 medium onion, chopped*
- 2 cloves garlic, minced*
- 2 8-ounce cans no-salt-added tomato sauce*
- 1 14 1/2-ounce can no-salt-added whole tomatoes with liquid*
- 2 tablespoons grated Romano cheese*
- 1 tablespoon snipped fresh basil*
- 2 teaspoons snipped fresh oregano*
- 1/2 teaspoon sugar*
- 1/8 teaspoon coarsely ground pepper*
- dash cayenne (red pepper)*
- 8 ounces spaghetti, cooking according to package directions*

Coat a large skillet with no stick cooking spray. Heat over medium-high heat. Add onion and garlic and sauté 2 minutes. Add tomato sauce, tomatoes with liquid and next 6 ingredients. Bring to boil, while stirring and crushing whole tomatoes with back of spoon. Reduce heat. Cover and simmer 25 minutes, stirring occasionally. Serve over spaghetti.

Nutrition Information per Serving

Calories - 313 (9% from Fat)

Total Fat - 3 g

Saturated Fat - 1 g

Cholesterol - 7 mg

Sodium - 128 mg

Spinach, Herbs & Pasta

Serves 6

*2 tablespoons pine nuts
16 ounces angel hair pasta
2 cloves garlic
2 cups cleaned and torn fresh spinach leaves
3/4 cup fresh chervil leaves
1/2 cup fresh arugula leaves
1/2 cup fresh marjoram leaves
1/4 cup fresh thyme leaves
1/4 cup snipped fresh chives
2 tablespoons freshly grated Parmesan cheese
1/4 teaspoon salt
3 tablespoon extra-virgin olive oil*

Preheat oven to 350°. Spread pine nuts on baking sheet and bake 3 to 5 minutes, or until lightly toasted. Cool to room temperature. Meanwhile, cook pasta according to package directions. Drain and keep warm. With food processor running, drop pine nuts and garlic through shoot of food processor until minced. Add next 8 ingredients. Process until finely minced. With processor running, gradually add oil. Process until well blended. Toss with cooked pasta.

Nutrition Information per Serving

Calories - 372 (25% from Fat)

Total Fat - 10 g

Saturated Fat - 2 g

Cholesterol - 1 mg

Sodium - 141 mg

Pasta with Garbanzos & Broccoli

Serves 6

12 ounces rotelli

1/4 cup almonds

1 teaspoon fennel seeds

3 red bell peppers

2 cups diced tomatoes

3/4 cup snipped fresh basil

1/4 cup snipped fresh chervil

1 15-ounce can garbanzo beans, drained

2 1/2 pounds fresh broccoli

1 cup water

1/4 teaspoon salt

1/8 teaspoon coarsely ground pepper, or to taste

1 teaspoon olive oil

2 tablespoons freshly grated Parmesan cheese

Cook rotelli according to package directions. Drain and keep warm. Preheat oven to 350°. Arrange almonds and fennel seeds on baking sheet. Bake 3 to 5 minutes or until lightly toasted. Cool to room temperature. Meanwhile, preheat broiler. Stem, seed and cut bell peppers in half lengthwise. Place, skin sides up, on broiler pan. Broil a few inches from heat 15 to 20 minutes or until skins blacken all over, watching carefully and turning occasionally while broiling. Transfer to plastic bag and seal tightly. Let stand about 15 minutes. Remove from bag. Peel and discard skins. Set aside. Place almonds and fennel seeds in food processor. Process until

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finely chopped. Add roasted bell peppers, tomatoes, basil and chervil. Process until pureed. Set aside. Cut broccoli into small florets with 1-inch stems. Peel broccoli stalks and slice 1/2-inch thick. Place florets and stalks in large skillet with 1 cup water. Bring to boil. Reduce heat. Cover and cook 5 minutes or just until crisp-tender. Drain and discard cooking water. Combine broccoli with tomato mixture, garbanzo beans, salt and pepper. Heat through. Spoon over rotelli. Drizzle with olive oil and sprinkle with cheese.

Nutrition Information per Serving

Calories - 360 (14% from Fat)

Total Fat - 6 g

Saturated Fat - 1 g

Cholesterol - 1 mg

Sodium - 282 mg

Basil

Basil, one of our most popular culinary herbs, is a member of the mint family. It has a pungent, spicy flavor. Most varieties have green leaves - the exception being opal basil, which is a beautiful purple color.

Basil marries well with tomato-based dishes, pasta and pesto. The flavor of most fish, as well as eggplant, zucchini, peas and grains is enhanced with the addition of basil, too. In fact, basil is so versatile it can be used in almost any recipe.

Herbed Penne & Cheese

Serves 4

Remember macaroni and cheese? It's back again but dressed up with penne and fresh basil.

12 ounces penne pasta

2 tablespoons all-purpose flour

1 tablespoon country-style Dijon mustard

1/4 teaspoon garlic powder

1 1/2 cups skim milk

1 1/2 cups shredded reduced-fat Cheddar cheese

1 tablespoon grated Romano cheese

2 tablespoons snipped fresh basil

Cook penne according to package directions. Drain and keep warm. Meanwhile, in large saucepan, combine flour, mustard and garlic powder. Gradually stir in milk with wire whisk. Cook over medium heat, stirring constantly, 5 minutes or until thickened and bubbly. Reduce heat. Add Cheddar and Romano cheeses, stirring until melted. Add penne and basil, mixing well.

Nutrition Information per Serving

Calories - 496 (18% from Fat)

Total Fat - 10 g

Saturated Fat - 5 g

Cholesterol - 31 mg

Sodium - 356 mg

Butternut Squash Casserole Serves 6

Serve with a crisp green salad for a meat-free supper.

4 teaspoons olive oil, divided

4 cups thinly sliced onion

2 cloves garlic, minced

2 tablespoons snipped fresh thyme

1/4 teaspoon salt

1/8 teaspoon coarsely ground pepper

8 cups peeled and cubed (1 small to medium)

butternut squash

1/2 cup all-purpose flour

2 tablespoons snipped fresh sage

2 tablespoons snipped fresh parsley

1/2 cup plus 2 tablespoons skim milk

1 cup fresh bread crumbs

2 tablespoons freshly grated gruyere cheese

Preheat oven to 350°. Lightly coat a 2 1/2 quart casserole dish with no stick cooking spray. In large non-stick skillet heat 2 teaspoons of the olive oil over medium-high heat. Add onion and garlic. Sauté 2 to 3 minutes. Add thyme, salt and pepper and sauté for more than 3 minutes. Remove from heat and arrange in casserole. Toss squash with flour. In same skillet heat remaining 2 teaspoons oil over medium-high heat. Add squash in portions. Cook 7 minutes or until lightly browned. Add sage and parsley. Spoon over onion mixture in casserole dish.

(continued)

Pour milk over squash. Sprinkle with bread crumbs and cheese. Cover and bake 25 minutes. Remove cover and bake additional 25 minutes or until top is lightly browned.

Nutrition Information per Serving

Calories - 280 (16% from Fat)

Total Fat - 5 g

Saturated Fat - 1 g

Cholesterol - 3 mg

Sodium - 277 mg

Parsley

Parsley is the best known of the garnishing herbs. We see it on just about every restaurant buffet table. But it also enhances almost any recipe when used alone or with other herbs.

Varieties of parsley include curly leaf, a mild plant best suited for garnishing, and flat leaf (or Italian) which has a sweeter, more pronounced flavor and aroma. Flat leaf is excellent with seafood, chicken and rice as well as in marinades, sauces and vinaigrettes..

Parsley Zest

Combine 1 tablespoon snipped parsley, 1 teaspoon minced fresh garlic and 1 teaspoon freshly grated lemon peel. Sprinkle over soups, seafood and vegetables.

Capellini with Red Clam Sauce

This chunky sauce is satisfying and surprisingly rich, in spite of its low fat content.

Serves 4

2 teaspoons olive oil

1 onion, chopped

4 cloves garlic, minced

1 14 1/2-ounce can no-salt-added whole tomatoes

1 14 1/2-ounce can no-salt-added stewed tomatoes

1 6 1/2-ounce can minced clams with liquid

2 tablespoons snipped fresh basil

1 tablespoon snipped fresh oregano

1/4 teaspoon salt

dash cayenne (red pepper)

1/2 cup sliced, pitted black olives

8 ounces capellini

Heat oil in large skillet. Sauté onion and garlic 1 to 2 minutes. Add both cans of tomatoes, with liquid, crushing whole tomatoes with back of spoon. Drain clam liquid into tomato mixture in skillet. Stir in basil, oregano, salt and cayenne. Simmer, uncovered, 15 minutes, stirring occasionally. Stir in clams and olives. Spoon over pasta.

Nutrition Information per Serving

Calories - 374 (11% from Fat)

Total Fat - 4.5 g

Saturated Fat - 1 g

Cholesterol - 31 mg

Sodium - 223 mg

Spicy Picante Steak

Serves 4

Southwestern seasonings perk up everyday flank steak for something a little different.

1 pound lean flank steak

1 teaspoon ground cumin

1/2 teaspoon chili powder

1 cup medium Picante sauce, divided

1/4 cup snipped fresh cilantro

2 cloves garlic, rushed

Rub steak with cumin and chili powder. Place in a shallow baking dish. Top with 1/2 cup of the picante sauce, mixed with cilantro and garlic. Cover and refrigerate several hours or overnight, turning occasionally. (Refrigerate remaining picante sauce until ready to use.) Preheat grill. Place steak on grilling rack with has been lightly coated with no stick cooking spray. Discard marinade. Grill steak about 8 minutes per side or to desired doneness a few inches from heat. Thinly slice diagonally across grain. Serve with remaining 1/2 cup picante sauce. Garnish with additional cilantro.

Nutrition Information per Serving

Calories - 253 (42% from Fat)

Total Fat - 12 g

Saturated Fat - 5 g

Cholesterol - 77 mg

Sodium - 365 mg

Skillet Beef Burgundy

Serves 6

- 1 1/2 pounds lean, boneless sirloin steak, fat trimmed
- 1 pound new potatoes, quartered (unpeeled)
- 2 cups sliced carrots
- 2 cups fresh mushroom halves
- 3/4 cup chopped onion
- 1 10 1/2-ounce can beef consomme
- 1/4 teaspoon coarsely ground pepper
- 3/4 cup Burgundy or other dry red wine
- 3 tablespoons all-purpose flour
- 1 tablespoon snipped fresh thyme

Cut steak into 1-inch cubes. Place in large skillet which has been lightly coated with no stick cooking spray. Brown over medium-high heat 4 minutes, stirring frequently. Remove from skillet and set aside on paper towel-lined plate to drain. Wipe skillet clean with paper towels. Lightly coat with additional cooking spray. Add potatoes, carrots, mushrooms and onion. Sauté over medium-high heat 5 minutes. Return steak to skillet. Stir in consomme and pepper. Cover and simmer 30 minutes, stirring occasionally. In small bowl whisk together wine and flour. Gradually stir into skillet. Cook 5 minutes or until thickened and bubbly, stirring constantly. Add thyme.

Nutrition Information per Serving

Calories - 313 (18% from Fat)

Total Fat - 6 g

Saturated Fat - 2 g

Cholesterol - 69 mg

Sodium - 346 mg

Herbed Meat Loaf

Serves 8

Basil, oregano and thyme update the flavor of this traditional "comfort" food.

3 cups boiling water

1 cup sun-dried tomatoes (not packed in oil)

1 cup finely chopped onion

1 green bell pepper, finely chopped

2 cloves garlic, crushed

1 slice whole-wheat bread, torn into small pieces

1/4 cup skim milk

1 egg white, slightly beaten

1/2 cup shredded part-skim Mozzarella cheese

1/4 cup snipped fresh basil

1 tablespoon snipped fresh oregano

2 teaspoons snipped fresh thyme

1 teaspoon coarsely ground pepper

1/2 teaspoon salt

1 3/4 pounds extra-lean ground beef

Preheat oven to 350°. In medium bowl combine boiling water and sun-dried tomatoes. Cover and set aside 15 minutes. Meanwhile, coat large skillet with no stick cooking spray. Add onion, bell pepper and garlic. Sauté 5 minutes. Remove from heat and set aside. In large bowl toss bread crumbs with milk and egg white. Add sautéed onion mixture, cheese, basil, oregano, thyme, pepper and salt, mixing well. Drain tomatoes, and chop or puree in food processor.

(continued)

Add with ground beef to mixture in large bowl. Mix well. Transfer to rack which has been lightly coated with cooking spray. Shape into loaf. Place rack over shallow baking pan. Bake 1 hour, or until meat is cooked through. Let stand 15 minutes before slicing.

Nutrition Information per Serving

Calories - 276 (50% from Fat)

Total Fat - 15 g

Saturated Fat - 7 g

Cholesterol - 71 mg

Sodium - 424 mg

Thyme

Thyme is a member of the mint family and a native of the Mediterranean, where it grows between the cracks in rocks. There are dozens of varieties of the herb including lemon, orange, lavender and anise thyme. The characteristic fragrance of thyme is due to the presence of a component called thymol.

Common garden varieties of thyme have a pleasant peppery taste and floral, almost piney, aroma. These attributes make thyme a likely ingredient in soups, stews, meat stocks and marinades. Thyme is also wonderful on chicken and with lentils, but will burn black in the presence of an acidic food like tomatoes.

Thyme can be used whole or minced in recipes. If unavailable, marjoram is a good substitute. To reap the most flavor from its very volatile oil, add to recipes during the last few minutes of cooking.

Pork & Vegetable Piccata Serves 4

This colorful southwestern dish tastes as good as it looks.

*1 pound pork tenderloin, fat trimmed
1 teaspoon olive oil
3 cups small fresh broccoli florets
3 cups sliced yellow squash
1/4 cup snipped fresh chervil
2 cloves garlic, crushed
1/2 teaspoon white pepper
1/4 teaspoon salt
1/4 cup fresh lemon juice, divided
3/4 cup fat-free, less-sodium chicken broth
1/4 cup dry vermouth or white wine
1 teaspoon freshly grated lemon zest
1 tablespoon drained capers
1/2 teaspoon paprika*

Cut pork crosswise into 16 slices. Place each between 2 pieces of plastic wrap. Using mallet or rolling pin, flatten to 1/4-inch thickness. Set aside. Lightly coat a large skillet with no stick cooking spray. Add oil. Heat over medium-high heat. Add broccoli, squash, chervil, garlic, pepper and salt. Sauté 6 minutes or just until crisp-tender. Remove from heat and toss with 2 tablespoons of lemon juice. Transfer mixture to large serving platter. Cover and keep warm. Re-coat skillet with cooking spray. Heat over medium-high heat. Add one-third of the pork. Cook 2 minutes per side or until done. Repeat

(continued)

cooking procedure with remaining pork. Arrange on serving platter with vegetables. To same skillet add chicken broth, vermouth and lemon zest. Scrape bottom of skillet to loosen brown bits and blend into mixture. Bring to boil. Cook and stir 2 to 3 minutes. Remove from heat. Stir in remaining lemon juice, capers and paprika. Spoon over vegetables and pork.

Nutrition Information per Serving

Calories - 227 (22% from Fat)

Total Fat - 6 g

Saturated Fat - 2 g

Cholesterol - 74 mg

Sodium - 343 mg

Herbal Ancestry

Roman epicure, Apicius, praised the fine cooking attributes of herbs in the first century B.C. Herbs continued as a staple in the European kitchen for the next fifteen hundred years and enjoyed a renaissance during the two centuries which followed. Herb gardens were abundant throughout Europe and avid cooks found a plethora of uses for the flavorful plants in meat and vegetable dishes.

Today, interest in herbs, especially fresh and home-grown plants, is flourishing and parallels our increasing focus on health, holistic medicine and natural foods. Grocery stores and specialty markets offer more varieties of herbs than ever before and creative recipes have sparked new interest in herbs as alternatives to salt and other sodium-laden seasonings.

Spicy Cumin Pork Chops

Serves 4

1 tablespoon snipped fresh thyme
1 teaspoon ground cumin
1/8 teaspoon cayenne (red pepper)
1/8 teaspoon salt
4 4-ounce boneless butterfly pork chops, fat trimmed
fresh lime wedges

In small bowl combine thyme, cumin, cayenne and salt. Rub on both sides of pork. Lightly coat a large skillet with no stick cooking spray. Heat over medium-high heat. Add chops. Cook 5 minutes. Turn and cook additional 3 minutes or until no pink remains and pork is cooked through. Serve with lime wedges.

Nutrition Information per Serving

Calories - 231 (40% from Fat)

Total Fat - 10 g

Saturated Fat - 3.5 g

Cholesterol - 83 mg

Sodium - 115 mg

Fresh herbs should not be added to simmering ingredients until the recipe is through cooking, as they lose their flavor when exposed to heat.

Although fresh herbs impart the best flavor, dried herbs may be substituted. As a general rule, use one teaspoon of dried herbs in place of each tablespoon of fresh herbs.

Indonesian Pork Saté

Serves 8

2 1-pound pork tenderloins fat trimmed
1/2 cup fat-free, low-sodium chicken broth
1/4 cup creamy peanut butter
1/4 cup honey
1/4 cup hoisin sauce
2 tablespoons snipped fresh cilantro
2 tablespoons low-sodium soy sauce
1 teaspoon sesame oil
1/2 teaspoon cayenne (red pepper)
1 clove garlic, minced
1/4 cup water

Cut each tenderloin length-wise into 12 strips, and thread onto 24 skewers. Place in shallow dish. Whisk together next 9 ingredients. Set aside 3/4 cup. Add water to remaining mixture. Pour over pork, turning to coat. Cover and marinate 30 minutes, turning occasionally. Remove pork from marinade, reserving marinade for grilling. Lightly coat grilling rack with no stick cooking spray. Arrange skewered pork on rack. Grill 6 minutes per side or until done, basting occasionally with reserved marinade. Serve with reserved 3/4 cup sauce mixture.

Nutrition Information per Serving

Calories - 241 (32% from Fat)

Total Fat - 9 g

Saturated Fat - 2 g

Cholesterol - 74 mg

Sodium - 702 mg

Grilled Lamb with Rosemary Serves 4

8 4-ounce loin lamb chops, fat trimmed

1/2 cup dry red wine

2 tablespoons Worcestershire sauce

2 tablespoons snipped fresh rosemary

4 cloves garlic, minced

1/4 teaspoon salt

1/8 teaspoon coarsely ground pepper

Pierce chops several times with fork. Arrange in one layer in a shallow dish. Add wine. Let stand 15 minutes to marinate. In small bowl combine

Worcestershire, rosemary and garlic. Set aside.

Remove lamb from wine. Arrange on grilling rack which has been lightly coated with no stick cooking spray. Sprinkle with salt and pepper and grill a few inches from heat 4 minutes, spooning half of rosemary mixture over lamb. Grill another few minutes, or until chops are still slightly pink inside.

Nutrition Information per Serving

Calories - 200 (40% from Fat)

Total Fat - 9 g

Saturated Fat - 4 g

Cholesterol - 85 mg

Sodium - 220 mg

Combine 1 tablespoon snipped rosemary and 1 teaspoon snipped marjoram with 1 cup Dijon mustard. Spread on fish or meat before broiling, grilling or baking; or use in sandwiches in place of mayonnaise.

Lamb Kabobs with Marjoram

Serves 4

- 1/3 cup fresh lemon juice*
- 2 tablespoons snipped fresh marjoram*
- 1 tablespoon olive oil*
- 2 teaspoon freshly grated lemon zest*
- 1/4 teaspoon salt*
- 1/8 teaspoon coarsely ground pepper*
- 3/4 pound lean boneless leg of lamb, cut into
1-inch pieces*
- 16 cherry tomatoes*
- 1/2 mild onion, quartered and separated into wedges*

Combine lemon juice, marjoram, oil, zest, salt and pepper in a shallow dish. Add lamb, turning to coat with mixture. Let stand 15 minutes to marinate. Lightly coat broiling rack with no stick cooking spray. Coat eight 8-inch skewers with cooking spray. Remove lamb from marinade, reserving marinade. Alternately thread lamb, tomatoes and onion wedges on skewers. Place on broiler rack. Broil 2 minutes. Turn and brush with reserved marinade. Broil an additional 3 to 4 minutes, or to desired doneness.

Nutrition Information per Serving

Calories - 237 (44% from Fat)

Total Fat - 11 g

Saturated Fat - 3 g

Cholesterol - 78 mg

Sodium - 201 mg

Minted Lamb Chops

Serves 4

A classic flavor combination to enjoy with less fat.

1/2 cup dry red wine or cranberry juice

2 tablespoons snipped fresh mint

1 tablespoon snipped fresh rosemary

1 clove garlic, crushed

1/4 teaspoon salt

4 4-ounce lean lamb chops, fat trimmed

fresh mint leaves

mint jelly, optional

In 9-inch square baking dish combine wine or cranberry juice, mint, rosemary, garlic and salt.

Arrange lamb chops over mixture. Cover and refrigerate several hours or overnight, turning occasionally. Preheat grill. Place chops on grilling rack which has been lightly coated with no stick cooking spray. Reserve marinade in pan. Grill chops over medium-high heat about 6 minutes on each side or to desired doneness, basting occasionally with reserved marinade. Garnish with fresh mint leaves and serve with mint jelly, if desired.

Nutrition Information per Serving

Calories - 257 (39% from Fat)

Total Fat - 11 g

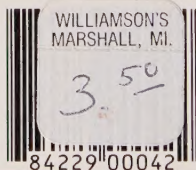
Saturated Fat - 4 g

Cholesterol - 104 mg

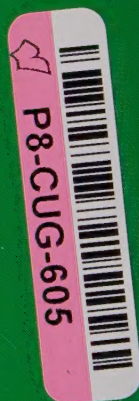
Sodium - 221 mg

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